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# Boudoir: Raising The Bar The Pose EBook



## Synopsis

About the Author: Rachel Stephens is a bonafide MWAC (mom with a camera), award winning photographer, creativeLIVE instructor, speaker, Photoshop action writer, author and advocate for the everyday woman. One of the premiere Boudoir Photographers in the United States specializing solely in boudoir for the last decade and traveling around the US since 2007, Rachel specializes in making a connection with each client, capturing them with an honesty that lays bare the beauty in every woman. Sought after for her camera work and revered among her peers for her Photoshop skills, she's been nicknamed The Queen of Skin. She was an expert contributor in a August 2013 issue of Shape Magazine, a featured photographer in the December 2013 issue of Professional Photographer Magazine, a speaker at ImagingUSA in January 2014, a creativeLIVE instructor, offers custom Photoshop Actions and is enjoying her new venture as an author. Based out of Portland, Oregon, Rachel Stephens finds herself in high demand, shooting upwards of 500 private boudoir sessions a year. Still, she finds time to give back through her pro bono Breast Cancer Survivor Program and offers a discount program to military in honor of her father who is a decorated Vietnam Veteran. Husband Seán O'Riordan, stepped in as her business manager in 2009. He brings skills in media relations, public communications and marketing - specifically Facebook marketing expertise - to the team.

About the Pose eBook: This is not just an awesome image rich eBook on posing alone. Rachel gives you all kinds of extra information on how she does things on the road covering: Inspiration to be Fearless; What gear she uses including links to her must have vendors, resources and an eStore of everything in her travel case; Her camera settings and why she uses them; Lighting; Bokeh; Aperture; Shutter speed; The S Curve, Creating Poetry in the Female Form; Location; Makeup Artist; Posing Ideas; How to Prepare for the Day of the Shoot; Her Personal Shot List; Standing Poses; Sitting Poses; Laying Down Poses; Bedroom Poses; Couples & Groups. Using Props; Booty Shots; Outdoor Shots. All images have notes on lighting and camera settings used as well as posing notes she used to direct her clients into showcased poses that sell. You can find Rachel and Sean on creativeLIVE and speaking at photography conventions around the country. Please join their community of clients, fans and followers at [Facebook.com/RachelStephensPhotographyForWomen](https://www.facebook.com/RachelStephensPhotographyForWomen)

## Book Information

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## Customer Reviews

I can not fathom why this book has such a high rating. This book is so full of bad advice that I am now reading it for amusement instead of artistic merit. It is absolutely apparent that she is self-taught, and it is written in a dialect more suited to a pinterest blog, and not something I would expect from a professional photographer. There is some gems of wisdom inside that include Exposure isn't important, I expect underexposed images and I will just fix them later. Metering your light is a "Monumental waste of time" and will make you seem unprofessional. Take at LEAST 2 dozen shots of the same pose and one is bound to come out in focus. and my favorite quote from the book "I love me some bokeh!" If you would like to severely limit your skills, by all means read and follow the advice in this book! If you would like to improve the tools in your photographic tool kit, then you would be better off studying something else.

I have been a photographer almost as long as Rachel Stephens has been alive. Like Rachel, I am primarily self-taught. For me that meant seeking out people whose work I admired and then working my butt off to figure out how they pulled off what ever it was that I loved about what they did. With "The Pose Book" you don't have to break your brain trying to figure it out by yourself. Because Rachel reveals everything. From how to deal with the inner-game or mindset to exactly how to tilt, turn, pop the person, the light or the camera. She holds nothing back, she talks

about the gear she uses and why, lighting effects, their names and how to create them posing, yes plenty of information about how to create what she calls poetry with the female form. I think the biggest gift Rachel Stephens gives is the acceptance and celebration she has for ordinary women. Because she accepts that all women are beautiful she is able to create a celebration of the "ordinary" that makes them look and feel like the most glamorous Top Model. I agree with Rachel every woman deserves to feel that way.

More than a "pose book", Raising the Bar is packed with lots of details about sessions, handling clients, settings and set-ups. The many poses are well-detailed, but I wished for greater quantity. Also, Rachel uses continuous lighting (aka hot lights) not strobes, except on rare occasions. Lots of shots of "normal" gals, clients you would likely get in real life. They look decent, but some of the Photoshop work seems a bit obvious to the trained eye. However, a solid ebook for around \$5. I've seen many that are far worse!

the quality of h\_e photos using mostly a single light source is a refreshing change from the usual multi-light set-up. more is not always better, light placement is the key. some of the poses seemed a bit unnatural, and boketh is a word that got tiresome.

I did find this book interesting and useful. I liked that -(a) it talked about using wide-aperture lenses for portraits;(b) it got me thinking about continuous lighting as an option for certain shoots, and for every image in the book, mentioned the type/brand of lighting used;(c) it had tips on looking for the 'S', in posing the model;(d) it described the author's experience and preparation - including venues - for shoots

The author knows what she is talking about. Having photographed about 3,000 women, I know whereof she speaks. This book is eminently practical and instructive. My only real gripe is that on my Kindle Fire, I could not change the font / image size, and many of her illustrations are much less than full-screen. Overall: well worth the price. Richard N. CÃfÃtÃ© / Galleria CÃfÃtÃ©, Mt. Pleasant, SC 29464 USA

A good exposition of this author's technique to photographing boudoir images and subjects. It makes it clear that this is more a female driven craft. It doesn't speak to what or how a male photographer should approach this medium of portraiture. It was an interesting read but remember

that this is about her style of photography and not an independent presentation.

Rachel has written a fantastic book. Thanks to this work my wife and I were able to produce a competent first attempt at boudoir photos. The pics were fun to shoot and boy was it challenging. I personally learned more from this book than any I have read in a long while. This is definitely a book you could read 3 or 4 times and still find new tidbits packed in there. That said, I would also say that it's not a cookbook for a beginner to just follow some recipes and think you're going to knock out something fantastic the first afternoon and that's why I gave it 4 stars instead of 5. Rachel has a very strong point of view on certain aspects of photography that might or might not work depending on your own equipment. For example, shooting wide open on many prime lenses can lead to issues with focus that take a lot of practice to resolve. Many of these issues go away by stopping down even only one stop without sacrificing bokeh. But overall, if you are comfortable reading this book 3 or 4 times first, take some notes, then using the perspectives Rachel shares in this book as a starting place to grab your favorite subject and shoot something creative and sensual, then you will find this book informative and useful on your journey to honing your craft.

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